

Walk Sense

Grade: K-2



The Walk Sense program aims to improve pedestrian safety and promote student wellness through walking. This 3-day curriculum contains lessons and activities that teach pedestrian safety skills through the use of videos, outside simulation activities and art projects. This program has been adapted from Miami Dade's Walk Safe Program.

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Lessons include cross curricular connections:

- Arts and Humanities
- Lifetime Physical Wellness
- ELA
- Science: Environmental wellness

Materials needed:

- Technology for videos
- Orange cones
- Road sign print outs (one set)
- Pre/Post Test hand outs

Day One Introduction/Video (50 minutes)

Lesson Objectives:

The objective of this introductory lesson is to teach students basic vocabulary and safe street crossing behaviors. It is important that children understand they need an adult or older sibling present before they can cross the street.

Daily learning targets:

- I can define and use appropriate walker safety vocabulary
- I can identify my left hand from their right
- I can identify basic street signs

Applicable National Standards of Learning:

Kentucky Common Core Standard: PL-P-PW-U-6: positive health habits can help prevent injuries...to self and others NHES: 7

National Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

1. ICE BREAKER: Instructions: Ask students to raise their hands if they have ever walked to school or around their neighborhood. Maybe they have even walked with their parents or older siblings during Thunder over Louisville or at the Kentucky State Fair. Inform students that at some point we all walk, and they will be learning important ways to keep themselves safe while walking.

Discussion: Review the following traffic signs and vocabulary words. Larger versions of these signs can be found on page 14-17.

Game: Have the students gather on one side of the room and hold up the “Walk” or “Don’t Walk” sign, depending on which sign you hold up they will either walk or say “Don’t Walk”. If

students are having problems identifying their left hand from their right you can have them trace their hands and make cutouts with “Right” and “Left” written on them, or have them carry a juggling scarf or a bean bag in their right hand.



Safe	To be careful and avoid danger.
Pedestrian	A person who is walking.
Curb	Raised pavement between the edge of the road and the sidewalk.
Crosswalk	A marked place to cross the street.
Corner	Where the road bends or turns.
Signals	Lights that tell cars and people when to stop and go.
Left/Right	*Have students extend their left arm and form the shape of an “L” with their hands to practice identifying left and right.

2. VIDEO

Play “Pedestrian Safer Journey” Then review safety questions below.

- <http://www.pedbikeinfo.org/pedsaferjourney/index.html>

1. What is the first thing you do when you come to a curb or edge of a street?	Stop.
2. Should you stop at the edge of the street sometimes or always?	Always.
3. Is it safer to cross at the corner or in the middle of the street?	It is safer to cross at the corner or at a crosswalk, never at mid-street where cars do not expect to stop for pedestrians.
4. Which way(s) should you look before crossing the street?	First look in the direction the cars are coming, which is usually left, then look right, and then left again.
5. Can anyone guess why we look left first?	Since cars drive on the right side of the road, the cars coming from the left will be closer to us than the ones coming from the right.
6. If you see a car coming when you are going to cross the street, what should you do?	Wait for the car to pass, and then look left-right-left until it is safe to cross.
7. Does a green light or “WALK” signal always	No, there might be a car running a red

mean go?

light or making a fast turn. A green light or “WALK” signal means to look left-right-left first, and then cross when it is safe.

Key Objectives Lesson Review

- Pedestrians should be careful and practice safety steps when walking.
- You should always walk with an adult or older family member.
- Safe walkers stop, look, and listen for cars before crossing the street.
- Always stop at the curb then look left-right-left before crossing the street.
- Walk on the sidewalk and cross at the corner, not the middle of the street.
- Obey traffic signals and keep looking left-right-left while crossing.

3. EXTRA ACTIVITY (depending on time left) **Instructions:** Ask children what the benefits of walking are and write them on the board.

Good for the Earth

Good exercise

Free

Fun

Response: Walking is good for our bodies because it strengthens our muscles and keeps us healthy.

Day 2 Walking Simulation (50 minutes)

Lesson Objectives:

The objective of this lesson is to teach students skills for crossing the street safely and to teach them traffic signals to aid in their understanding. It is important children understand that they must pay attention, and that sometimes drivers are not paying attention. They must also understand that dark clothing is problematic to wear and that running into the street is an unsafe behavior.

Daily learning targets:

- I can demonstrate safe behaviors while crossing the street
- I can identify clothing pedestrians should wear
- I can explain why wearing dark clothing is unsafe
- I can explain why running into the street is unsafe

Applicable National Standards of Learning:

Kentucky State Standard: PL-P-S-S-1: explain and practice safety rules/procedures for crossing streets, riding in cars/buses, leading/unloading buses...t NHES 1

National Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Review: Street-Crossing Safety Steps

1. Stop at the curb/edge of the street.
2. Look left-right-left and listen for cars.
3. Cross when no cars are coming.

Review: Safe Places to Walk

1. Always cross at the crosswalk or corner, never mid-street.
2. Always walk on the sidewalk. If there is no sidewalk, walk on the left edge of the road so drivers can see you.

Review: Traffic Signals

Use flashcards to identify and review signal meanings.

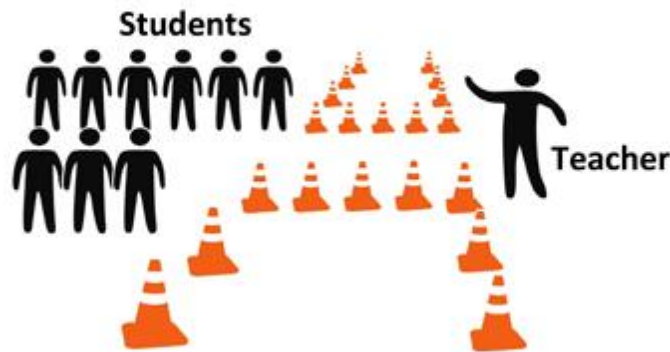
Review: Proper Clothing

1. Pedestrians are seen better in bright clothing
2. Dark clothing at night makes you difficult to see

Review: Paying attention and not running into the street

1. Drivers SHOULD but DO NOT always pay attention to pedestrians
2. Be aware of approaching cars
3. Do not run across the street at anytime, because you might surprise the driver and he may not see you.

New Concept: Walking Simulation & Traffic Signal: Review traffic signal cards with students and either setup a modified crosswalk in the classroom, gym, or take the students outside to the playground area.



Create a simulated road:

- Use orange cones (or sidewalk chalk) to simulate an imaginary road on PE hard court.
- For concrete surfaces, use sidewalk chalk to draw street lines.
- For grassy surfaces lay out rope or yarn to simulate street lines.
- Create a visual screen using a parked vehicle or large item.
- Use hula hoops to simulate cars

Safe or Unsafe Activity

1. Demonstrate a street walking behavior
2. Discuss why a behavior is safe or unsafe
3. Demonstrate the correct street-crossing behavior.

Volunteer Demonstrates Behavior	Discuss if behavior is safe or unsafe, and why?	Volunteer Demonstrates Correct Behavior
Instructor rolls ball into the street and asks a volunteer to run across the street to retrieve the ball.	Unsafe. You should never run across the street at anytime.	Volunteer stops at the edge of the street and looks left-right-left before WALKING across the street to retrieve the ball.
Instructor asks a volunteer to talk to their friend while crossing the street.	Unsafe. Always look and listen when crossing the street.	Volunteer walks to the crosswalk edge without talking to their friend and look left, right, and left again before crossing.
Instructor stands at the curb and holds up “WALK” signal flashcard and asks volunteer to cross without looking.	Unsafe. When there is no sidewalk, pedestrians should walk on the left side of the street facing cars so that drivers can see you.	Volunteer walks to the crosswalk edge and looks left-right-left to make sure it is safe to cross.
Instructor stands at curb and holds up “DON’T WALK” signal flashcard) and asks the volunteer to stop at the curb.	Safe. Pedestrian obeyed crosswalk signal and stopped at the curb before crossing.	Volunteer walks along the left edge of the street.

Key Objectives Lesson Review

- Knowing the difference between safe and unsafe ways to cross the street is an important part of being a safe pedestrian.
- Safe walkers look and listen for cars before crossing the street.

- Always stop and look left-right-left before crossing the street.
- Always cross at the crosswalk or corner, not the middle of the street.
- Always walk on the sidewalk, not the street. If there is no sidewalk, walk on the left edge of the street, so drivers can see you.
- Obey traffic signals and continue looking left-right-left while crossing.
- Always pay attention when walking into the street and never run into the street
- Always make sure drivers can see you and don't wear dark clothing at night

Day 3: Poster Contest/Test (50 minutes)

Lesson Objectives:

The objective of the final lesson is for students to demonstrate what they have learned.

Daily learning targets:

- I can identify what I can do to safely cross the street
- I can share my knowledge with my family and peers

Applicable National Standards of Learning:

Kentucky State Standard: PL-P-S-U-1: safety practices and procedures help prevent injuries and provide a safe environment NHES: 1

National Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. POSTER CONTEST: instructions: Each student designs and produces a creative poster containing a Walk Sense pedestrian safety/health message. Each student describes his/her completed poster and explains its message (if time permits). Teacher/school personnel select ONE winning poster.

Discussion: Poster Theme Ideas:

Safety steps to follow before/while crossing the street

Dangers to look out for while crossing the street

Health benefits of walking to/from school

Test Directions: Test is to be given at the beginning of lesson one and at the end of lesson three. Read aloud to younger children to help with confusing words.

TEST

Directions: Circle best answer choice and raise your hand for any questions.

1. You want to walk to a friend's house. Should you walk without an adult?

- A. Yes
- B. No
- C. Only at night.

2. Who can help you walk safely?

- A. Your older brother or sister who is in high school?
- B. Your parent
- C. A trusted adult
- D. All of these people

3. What kind of clothes should you wear to help drivers see you at night?

- A. Something bright and reflective
- B. Dark clothing
- C. Heavy and warm
- D. All of the above

4. When crossing the street you look...

- A. Left, then right
- B. Right then left
- C. Left, right, and left again

5. If a sidewalk is not available where do you walk?

- A. Walk facing traffic
- B. Walk facing away from traffic (back turned)
- C. There is always a sidewalk

D. Walk anywhere

6. If you are late going somewhere should you run across the street?

A. Never

B. If no cars are coming

C. If the crosswalk says WALK

D. Always

7. Walking is good because...

A. It's good for the environment because less gas emissions are released into the air.

B. It's good exercise

C. It's fun

D. All of the above

8. It's important to pay attention while walking, which of these things should you NOT do?

A. Wear headphones or play games on your phone

B. Walk with your parent or guardian

C. Look for cars

D. Look both ways

9. You are about to cross at a crosswalk when the walk signal changes from



to



. What do you do?

A. Run across the street so you make it in time.

B. Look to make sure no cars are coming and then cross.

C. Stop and wait for the next signal.

10. Before you cross a street you always have to stop and look for drivers, but aren't drivers supposed to do this? Why do you have to?

- A. Driver's may get distracted and not see you.
- B. You shouldn't have to look,
- C. Even if a driver does see you, they may not have time to stop.
- D. Both A & C

SIGNS







